



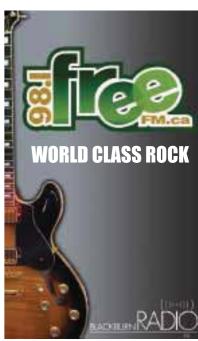
# **CROSS CANADA** STICKHANDLE TO HELP SEX ABUSE VICTIMS



Monday, October 24, www.metronews.ca



**News worth** sharing.





▶ Selena Gomez and Justin Bieber take a romantic break in Winnipeg before the Winnipeg Jets' game against the Carolina Hurricanes on Saturday at Winnipeg's MTS Centre.

# Selena and Bieber pucker up off the ice

Teen pop music sensation Justin Bieber and girlfriend Selena Gomez were in Winnipeg on the weekend and reportedly took in several sights, including The Forks, the Manitoba Museum, caught a movie at Silver City Polo Park and even did some racing at Speed World, an indoor gokart track. Bieber won. Selena Gomez and The Scene at are at John Labatt Centre tonight.

# Occupiers in for the long haul

◆ Tent city set up in Victoria Park ◆ Say they'll be there 'as long as we have to be'

The Occupy London has taken over a corner of Victoria Park, moving in a variety of supplies, including food and water donated to the cause.

"This is a long process, and (these are) the seeds of this very long process," Lisa Lanthier, 27, of London said yesterday afternoon. "At the end of the day, there's not going to be one particular thing that's going to make us go home.

Chanting, "We are the 99 per cent" and "This is what democracy looks like," about 100 occupiers marched into the park Saturday afternoon, following a more than hour-long general assembly meeting in Campbell Park. The meeting was similar to those the protesters will continue to have daily to organize their thoughts and actions.

"(We use) hand gestures to use

"There is no definitive end in sight. I will be here well into the winter if necessary." LAURA ROBINSON, 20, OF LONDON,

PARTICIPANT IN OCCUPY LONDON

non-verbal communication to indicate agreement or a problem with what someone's saying," said Laura Robinson, 20, of London. "Everyone is allowed to have their say."

Although facilitators led the meetings, the ideals of democracy and inclusiveness are taken to

"The facilitators change every day, and there's no one group of people who are in charge. It's a group of everyone," Robinson said. MIKE ARSENAULT









New research looks into how ER procedures have contributed to skyrocketing costs associated with heart disease. Scan code for story.

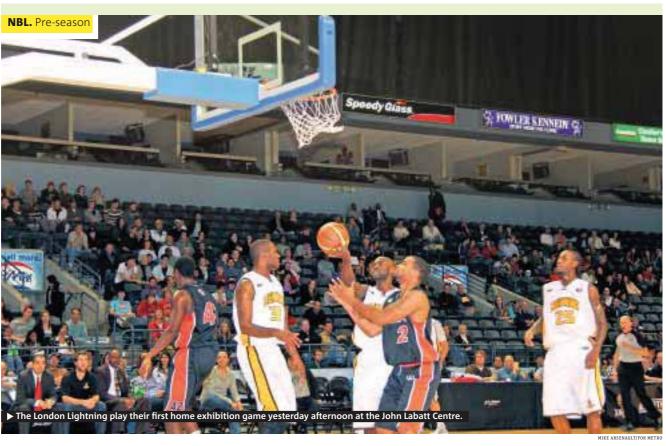
- Download the free ScanLife app with your smartphone at 2dscan.com
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- direct your mobile browser to m.metronews.ca

On the web at metronews.ca



Botulism is thought to be the killer of some 6,000 dead birds along the shores of Georgian Bay in Ontario. Video at metronews.ca/ video





Lightning strike with exhibition win at home

The squad showed some impressive all-around play and team unity, handily defeating the Oshawa Power 111-83. "I can feel the energy," said Nader Habib of London, one of about 1,000 people who attended. "I know it's just a pre-season game, but everybody's into it. I can't wait until the regular season starts." The regular season opens Nov. 3 with the Lightning taking on the Halifax Rainmen at the JLC. Former Fanshawe College standout Pat Sewell has been named to the Lightning's roster.

# Council to mull utilities offer

First stage of a plan to expand the scope of animal-welfare initiatives is also on the agenda
 Council meets at 5 p.m. today on the second floor of city hall, at 300 Dufferin Ave.



City council is expected to vote tonight on taking a step further into a utilities partnership with Edmonton-based EPCOR.

The proposal, which won support at last week's finance and administration committee meeting, would see the company join forces with London Hydro to deliver electricity. EPCOR has also tabled a plan in which the company would manage other municipal services, such as water and solid waste If approved, the city, EP-COR and London Hydro would explore details of the arrangement privately and bring it back to council at a later date.

Councillors also are ex-

pected to vote on shelling out \$10,000 for a contest that would result in a userfriendly budget app. The goal, officials have said, is to get more people involved in the budget process.

# Murder charge laid in October shooting

A 21-year-old London man has been charged with firstdegree murder in the Oct. 7 shooting death of David Arbuckle.

Jacob Michael McPhee was arrested Friday and also faces multiple weaponsrelated charges. Police have said Arbuckle, 20, was talking with two men near Wellington and Hill streets when one brandished a gun. Investigators have not released details about McPhee's arrest or said if they're still looking for a second suspect. • METRO

# Firefighters collecting for charity

London firefighters will hold out their boots Saturday to collect money for Muscular Dystrophy Canada. They will set up outside nearly 20 retailers to accept donations beginning at 10 a.m. • METRO

# Medical problem caused crash: Cops

A man was sent to hospital Saturday after the car he was driving smashed into a south London garage.

Police said a silver car was travelling west on Langarth Street when it ran a stop sign at MacKay Street, smashed through a fence and into the garage.

The man had a medical emergency before the crash, police said.



For more news, metronews.ca/ london BMO CENTRE

# Soccer fans can rejoice

London's new BMO Centre is ready for soccer. The 110,000-square-foot facility at 295 Rectory St. marked its grand opening Friday, boasting a FIFA-sized soccer pitch that can be sectioned into four separate fields, a walking/running track

above the pitch, a concession stand and seating for 2,500. The \$10-million project started in 2008 and was bankrolled by stimulus money from Ottawa, Queen's Park and the

Others contributions came from the Ontario Trillium Fund, the London Optimist Sports Centre and corporate sponsors.

The building will house more than 500 teams, and includes meeting space.

AM980/AM980.CA

# Several charges laid after drug bust on Friday

Six people are facing charges after London police and the RCMP found marijuana and weapons during raids. Police searched a house at 9 Bridle Path in London and an outmarijuana-growing operation in St. Marys. They found a rifle, a shotgun, marijuana plants and about 11 pounds of packaged

\$490,000 Estimated street value of marijuana plants found during Friday

marijuana.

Five of the people charged are from London. The other is from Thorndale. metro

# Shedding light on sexual abuse faced by men



One man is trying to bring the issue to the forefront, coast to coast



O'Byrne's changed five years ago he was raped by a minorhockey coach.

"I (then) turned to addiction. I've had three suicide attempts," O'Byrne said. "Last year at this time, I was living in my car drinking whisky for breakfast."

Today, O'Byrne is sober and has built a support network that includes former NHL star and sexual-abuse victim Theo Fleury. The network helped O'Byrne get his life back on track, and he's ready to help others do the same.

"I decided I needed to do something for guys like me," the 26-year-old Londoner said. "I'm a hockey guy — I'm going to stickhandle a hockey ball from the West Coast to the East Coast."

O'Byrne plans to begin his journey in June by walk-

### 'I'm 1 in 5'

Paulie O'Byrne is getting ready to take his website im1in5.com — live. The site will have information about his upcoming journey and how to make a donation. You can also find "I'm 1 in 5" on Facebook.

ing, jogging and in-line skating across the country, covering 50 kilometres each day. He hopes to be in Newfoundland by the end of September.

Besides raising awareness about the number of males who are sexually abused and removing the stigma attached with being a victim, O'Byrne wants to raise money for programs and treatment centres.

All proceeds will go to the Theo Fleury Society for Abused Men.

"I want to do as much as I can to raise \$5 million," O'Byrne said. "Five dollars from a million Canadians."

# Cancer Society to hold workshop

The Canadian Cancer Society will have a town-hall workshop from 9 a.m. to noon tomorrow at the Marconi Club, 120 Clarke Rd.

The session will include a presentation of the new strategic plan, and people will be given a chance to help set future goals. AM980/AM980.CA

# Plant gets big federal contract

General Dynamics Land Systems has received a \$1-billion federal contract to upgrade lightarmoured military vehicles.

The deal won't create new jobs but will secure the London plant's 2,200 existing jobs, officials said.

AM980/AM980.CA

# **Knights continue winning ways**

The London Knights ran their record to 11-2 on the 2011-2012 OHL season with a weekend sweep over the Belleville Bulls and the

dislav Namestnikov.

Windsor Spitfires. The team travelled to Windsor yesterday, beating

the Spitfires 6-3. The teams traded goals throughout the first two periods, with the Knights clinging to a one-goal lead with 20 minutes left in regulation.

They had the same onegoal lead halfway through final frame when Vladislav Namestnikov

took over with two goals in 1:14, including a powerplay marker.

The Knights downed Belleville, 4-0, on Friday, and remain first overall in the league. • MIKE ARSENAULT







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# Drivers charged in toddler hit-and-run

Two drivers suspected of running over a little girl in Foshan, southern China, are under arrest, newspapers reported yesterday.

Wang Yue, 2, was struck by two vans Oct. 13 on a busy market street as passersby walked or cycled past her. She died of brain and organ failure on Friday.

The Beijing News and other outlets say Foshan police identified the vehicles from security camera footage and ordered the



two men arrested.

Reports did not say what the men are being charged with.

THE ASSOCIATED PRESS

# Search on for downed satellite

A defunct German ROSAT satellite crashed into the Earth somewhere in Southeast Asia yesterday, but scientists are still not sure where.

There have been no reports of satellite debris coming down over a populated area. U.S. military data suggest it could have crashed east of Sri Lanka, or off the coast of Myanmar or as far inland as China. THE ASSOCIATED PRESS

# Panic grips Turkey after powerful earthquake

More than 130 people killed and about 350 injured: Turkish PM ▶ Death toll could reach 1,000 due to flimsy housing and size of quake: Officials

Cries of fear and horror filled the air as a 7.2-magnitude earthquake struck eastern Turkey, killing at least 138 people as buildings pancaked and crumpled into rubble. The death toll was expected to rise as rescuers sifted through the ruins and reached outlying villages.

Tens of thousands fled into the streets screaming and trying to reach relatives on cellphones. As the full extent of the damage became clear, survivors dug in with shovels and even their bare hands, trying to rescue the trapped and the injured.

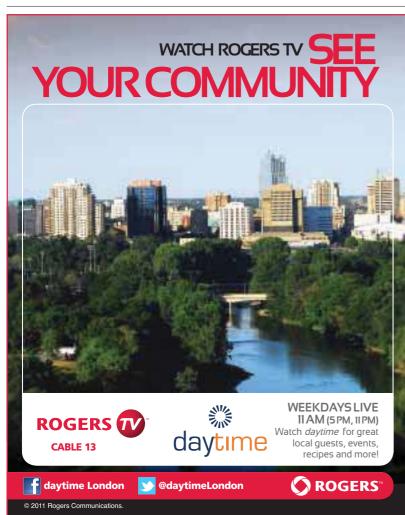
"There are many people under the rubble," Veysel Keser, the mayor of the dis-



trict of Celebibag, told NTV. "People are in agony. We can hear their screams for help."

Celebibag is near the hardest-hit area: Ercis, an eastern city of 75,000 close to the Iranian border and on one of Turkey's most earthquake-prone zones. Up to 80 buildings collapsed in Ercis, the Turkish Red Crescent said. About 90 kilometres south, 10 buildings collapsed in the hardhit city of Van.

Residents, without heat or electricity, prepared to spend the night outdoors while the Red Crescent began setting up tents in a stadium. Rescue efforts continued through the night. THE ASSOCIATED PRESS







Colombian president Juan Manuel Santos speaks to Metro on his country's efforts in the war on drugs ◆ He points to drug legalization as a means of stopping violence

# COLOMBIAN PREZ: LEGALIZE POT



One of the most prominent fighters in the war on drugs is calling for the world to get tougher. President of Colombia Juan Manuel Santos wants world leaders to take a much stronger, more co-ordinated approach in dealing with trafficking narcotics and the use of hard drugs such as cocaine and heroin. In an exclusive one-on-one interview with Metro, Santos says legalizing softer drugs, such as cannabis, could be a way forward, if done globally.

"The world needs to discuss new approaches," Santos says. "We are basically still thinking within the same framework as we have done for the last 40 years."

Colombia's war on drug cartels has made huge progress over the past 20 years. The killing of notorious drug baron Pablo Escobar in 1993 and then the arrest and conviction in 2006 of the Rodríguez Orejuela brothers, founders of the Cali Cartel, did much to dismantle the powerful cartels — and spark the decline of drug-related violence that had plagued the country. Santos hopes that the world, too, can build on this success story.

# Do you think legalizing softer drugs could be a way forward?

Yes, that could be an answer, provided everyone does it at the same time.

# But somebody has to take the first steps?

Yes, and it won't be me.

#### Why?

Because, for Colombia, this is a matter of national security. Drug trafficking is what finances the violence and the irregular groups in our country. I would be crucified if I took the first step.

How is this different in other

In other countries (Europe and the U.S.), this is mainly a health issue and a crime issue. We need to look at all components, one of them being targeting the assets in this business. But we need to do so on a global level.

#### What do you think we're doing wrong?

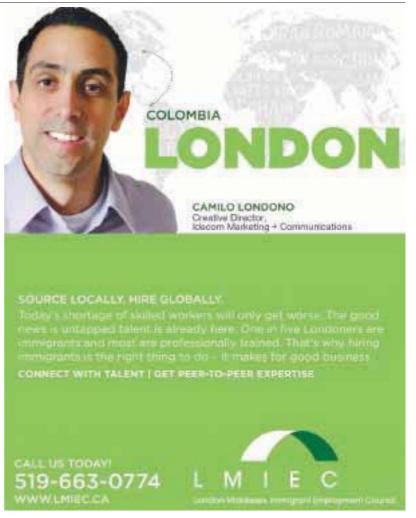
We must discuss a new approach, looking at all the components: The profit and the crime that follows drug-trafficking, the fight against money laundering, trade with arms and so on.

### 'On a great path'

Santos on why they are smiling in Latin America:

"We have something that the U.S. and Europe don't have: A young population and a lot of optimism.... The latest poll in Colombia from Thursday (last week) shows that 79 per cent of our population believes that we are on a great path."







# **Decision on debt delayed**

## • Greece's prime minister reminds leaders crisis impacts many nations

Greece's prime minister is pleading with European leaders in Brussels to act decisively to solve the continent's debt crisis.

At a summit yesterday, the leaders were expected to ask banks to accept huge losses on Greek bonds to ease the pressure on the country, and to raise billions more in capital to weather those losses.

But the leaders have said

they won't unveil the grand plan originally promised for yesterday.

Greek Prime Minister George Papandreou reminded his colleagues the crisis is not limited to his

"The crisis is a European crisis," he told reporters. "So now is the time that we as Europeans need to act decisively and effectively." THE ASSOCIATED PRESS

# **Public Notice Regarding the Ministry of Health** and Long-Term Care's ("ministry") Collection, Use and Disclosure of Information under the Narcotics Safety and Awareness Act, 2010

The Narcotics Safety and Awareness Act, 2010 ("Act") authorizes the Minister of Health and Long-Term Care ("Minister") and the Executive Officer of Ontario Public Drug Programs ("Executive Officer") to collect, use and disclose information, including personal information, that relates to the prescribing and dispensing of narcotics and controlled substances ("monitored drugs") in Ontario, for the purposes of the Act. The purposes of the Act are to

- · promote appropriate prescribing and dispensing practices for monitored drugs
- identify and reduce the abuse, misuse and diversion of monitored drugs, and
- reduce the risk of addiction and death resulting from the abuse or misuse of monitored

Section 8 of the Act permits the Minister and the Executive Officer to direct a prescriber (e.g., doctor, dentist), a dispenser (e.g., pharmacist) or an operator of a pharmacy to disclose information about the monitored drugs they prescribe or dispense, to the Minister or the Executive Officer. For example, the Minister and the Executive Officer may direct the disclosure

- the prescriber of the monitored drug (name, address, registration number)
- the person for whom the monitored drug is prescribed (name, address, date of birth, gender, unique number appearing on a form of identification listed on the ministry's website)
- the monitored drug itself (name, strength, quantity, length of therapy, directions for use, drug identification number, prescription number, date of prescription, date of dispensing)

In addition, if a person who has been prescribed a monitored drug authorizes someone else to pick up the drug from a dispenser, the Minister or the Executive Officer may direct a dispenser to disclose certain personal information about that person to the Minister or the Executive Officer (i.e., the person's name and address, and the distinguishing number appearing on a form of identification that verifies the person's name and address).

Once this information has been collected, the Minister and Executive Officer may only use or disclose it as permitted or required by the Act, the Freedom of Information and Protection of Privacy Act, and the Personal Health Information Protection Act, 2004. For example, subsection 5.(5) of the Act permits the Minister and the Executive Officer to disclose personal information about a person who has been prescribed a monitored drug, to a prescriber, a dispenser or an operator of a pharmacy who has prescribed or dispensed such a drug to the person in the past.

The Ministry's statement of information practices, available at www.ontario.ca/privacy, describes how and for what purposes the Ministry may use and disclose personal health information in accordance with the Personal Health Information Protection Act, 2004.

For more information, please call the Ministry toll-free or visit our website.

- Telephone INFOline at: 1-866-532-3161 (Toll-free in Ontario only) or TTY 1-800-387-5559
- Visit the Ministry's website at: www.ontario.ca/narcoticsstrategy

# Ontario

# **Jobs accuses Google** of theft from iPhone

Google can only hope that Steve Jobs' final vendetta doesn't haunt the Internet search leader.

Jobs' antipathy toward Google leaps out of Walter Isaacson's biography of Apple's co-founder. The book goes on sale today, less than three weeks after Jobs died.

The biography drips with Jobs' vitriol as he discusses his belief that Google stole from Apple's iPhone to build many of the features in Google's Android software for rival phones.

The perceived theft represented an unforgiveable act of betrayal to Jobs, who had been a mentor to Google co-founders Larry Page and Sergey Brin and had welcomed Google's CEO the time, Eric Schmidt, to be on Apple's board.

It suggests that Apple

may try to derail Android in court, even if Google obtains more patent protection through its proposed \$12.5 billion acquisition of Motorola Mobility Inc.

Jobs' criticisms may be seen as hypocritical. The Mac's easy-to-use interface and its mouse controller, for instance, came out of Xerox Corp.

THE ASSOCIATED PRESS

# **News in brief**

# **EU** criticism of oilsands challenged

PROPOSAL. Canada's Natural Resources Minister Joe Oliver is taking the European Union to task over its proposal to discriminate against crude from the Alberta oilsands. The proposal stems from complaints that the oilsands have a greater greenhouse-gas footprint than conventional production.

He says this could violate the European Union's international trade obligations. THE CANADIAN PRESS

# **Olympus calls** for payment investigation

**REVIEW.** The ousted chief executive of Japan's Olympus Corp. says the company isn't doing enough to investigate a \$687-million payment to financial advisers. The camera and medical-device maker says outside lawyers and accountants will be part of an independent review. THE ASSOCIATED PRESS



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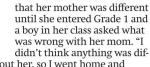
Gold (+ \$23.20

# WALK A MILE IN HER SKIN

# **URBAN COMPASS**

JILL ELLIS METRO LONDON





Gena Brumitt didn't realize

ferent about her, so I went home and asked, and she explained about EB," says

Growing up with her diminutive mother — whose skin was very fragile and whose hands turned inward, giving a "mittened" effect - and reflecting on her chal-

lenges have made Brumitt a fierce advocate for those with the disease. She explains that EB is a rare genetic disorder that affects one in 17,000.

According to the DEBRA (Dystrophic Epidermolysis Bullosa Research Association) website, "Epidermolysis Bullosa, known as EB, is the name of a rare group of genetic skin disorders causing blistering and shearing of the skin from even the gentlest friction and sometimes spontaneously."

Brumitt is a carrier, as are her siblings. Each of her

"Having grown up with a strong mother as her role model. **Brumitt shares** that strength with families struggling with EB.

mother's parents carried the recessive gene and Brumitt's daughter may be a carrier but hasn't had all the genetic testing yet. This disease can be devastating and incredibly painful, as the skin is the body's first line of defence.

This expat American, who has lived in the Forest City for 20 years, has campaigned successfully for EB Awareness Week to be officially recognized in the

U.S. In 2006, she organized a letter-writing campaign to all members of the American Congress and Senate to have Oct. 25-31 named EB Awareness week south of the border.

The next year, she put together a cross-country tour to further raise awareness, called Walk a Mile in My Shoes. It was a week-long journey by Brumitt and other EB advocates, who travelled by SUV across the U.S., stopping at major cities to hold rallies.

Now she's turned her sights closer to home and is lobbying to promote awareness locally. She has asked Mayor Fontana's office to fly the DEBRA flag at city hall in recognition of EB Awareness week, Oct. 25-31.

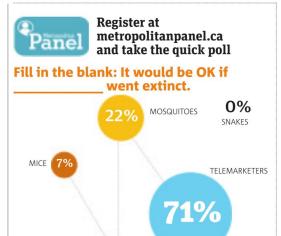
Brumitt is president of DEBRA Canada and a board member of its international executive committee. She will soon travel to the Netherlands to represent Canada at their conference. DEBRA International has a presence in 40 countries around the world. Though very much focused on raising awareness locally, Brumitt is also an envoy to EB without Borders and helps disadvantaged families in developing and war-torn countries deal with this unusual disease.

When a baby is born with EB in London, it is sent to Toronto, where there is an EB clinic. Not ideal, but certainly a better situation than that faced by families unfortunate enough to live in countries with more primitive health-care facilities.

Having grown up with a strong mother as her role model, Brumitt shares that strength with families struggling with EB.

Contact Jill Ellis at londonurbancompass@metronews.ca

For more information, visit eb-awareness.org.



### Local tweets



#uwo #LOL

▶@Aaerelon: Good morning world! It's a nice sunny day

here in #ldnont @Evolving: Had a blast last night at my first haunted corn maze. Yes I scream like a little girl. #ldnont

@JessGrossman: Hanging out in #Indont and it feels like I never left. Love #uwo

@Jabourasaurus: Todav is #Idnont's Zombie Walk. I'm working, so instead of taking part, I am counting the undead at White Oaks Mall. Zombie Count So Far: ► @RewdRyan: Lol the bus just came a reality show as we wait for a student to get keys from his car ...? Bus is dead stopped waiting for this dude. #uwo

07

**@patjmagee:** Wonder Sushi is wonderful! Sooo full! #ldnont

@melisaboose: @AvrilLavigne you're rocking the house in #ldnont can I meet you after???

► @AndrewForgione: Can't wait until we put the bean bags in the USC Student Lounge this week... #uwo #loungin

@k\_ksmith: Gorgeous day in #ldnont #sunshine and fall colours!

# Worth Mentionina

One of Henrik Holgersson's friends laughed in his face when he told him he was going to spend the better part of 2011 as a stay-at-home dad.

"What kind of a man are you?" the friend asked Holgersson, who works for an event-management company.

Holgersson took out 240 days of parental leave paid for by the government while his girlfriend, Jenny Karlsson, went back to her job as a real estate agent, after eight months at home with their son

"To take care of Arvid is a real fatherly thing to do. I think that's very masculine," said Holgers-

Holgersson's experience isn't unusual in Sweden, largely because the government encourages dads to stay at home with their newborn through a parentalleave policy that is among the most generous in the world.

While more than a dozen countries now offer paid paternity leave, usually for a couple of weeks, Sweden subsidizes such leave for up to 14 months. THE ASSOCIATED PRESS



Metro invites its readers to join the Metro Global Photo Challenge running in 100 cities on four continents — to win fantastic prizes and worldwide recognition. Enter your digital photos at metrophotochallenge.com. The contest runs until Nov. 22. As well as a chance to win a trip to any city Metro publishes, one submission will also be featured here daily.

# **Identical twins** give birth on same day

Two identical twins in Indiana now have another birthday in common: They delivered babies on the same day at the same hospital.

The Herald-Times reports 21-yearold Jessica and Jennifer Patterson gave birth Wednesday at Indiana University Health Bloomington Hospital.

Jennifer Patterson gave birth first to a girl, Adalynn Rose Patterson, who was born with a collapsed lung, but is now doing fine.

Eight-and-a-half hours later, Jessica Patterson gave birth to a boy, Mason Douglas Patterson, by caesarean section.

Jennifer Patterson calls the sameday births "kind of cool."

Both women live in the tiny Lawrence County town of Judah.

Hospital spokeswoman Amanda Roach says no one can recall the last time identical twins delivered babies at the hospital on the same day.

THE ASSOCIATED PRESS



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Paranormal Activity 3 didn't just go bump in the night. It made a ton of noise at the box office with a huge, \$54 million opening. The third film in Paramount's low-budget horror franchise was No. 1 at the box office, according to Sunday studio estimates. Part two also debuted in the top spot a year ago. THE ASSOCIATED PRESS

# Osbourne's alright

New documentary put together by Ozzy's son Jack details rocker's journey to sobriety

Jack Osbourne says he doesn't worry anymore about the well-being of his dad, heavy metal megastar Ozzy Osbourne.

"Motorbikes can't kill him, drugs can't kill him," he mused in a recent phone interview from his parents' California house.

"He's one of these guys where he's going to be, like, 900 years old still complaining about everything and laughing. We joke that he's going to outlive me."

The British rocker's astounding ability to endure decades of hard partying, reckless stunts and heavy drug and alcohol abuse is one of the main themes of God Bless Ozzy Osbourne, which will screen at participating Cineplex Entertainment theatres in Canada on Wednesday at 7 p.m. ET.

"There's only a handful of people that have done what he's done and lived to tell the tale," said Osbourne, 25, who produced the documentary.

The film opens with shots of a 60-year-old, long-haired Osbourne — clad in all black and purple-tinted glasses — in his dressing room jumping rope, riding a stationary bike and doing stretches as part of his pre-concert warm-up routine.

As we soon learn, the socalled Prince of Darkness is now more than five years sober — the longest stretch he's spent in recovery.

Gone are the days when he was so high or intoxicated he'd bite the heads off winged creatures, trash hotel rooms or have legions of TV viewers laughing at his incomprehensible speech and hunchbacked-



shuffle walk on The Osbournes.

"One of the key points that I wanted to put across for this film is that he's not this fumbling kind of stuttering, quirky guy," said Osbourne, who recently revealed he's expecting a child with his fiancée, Lisa Stelly.

"He's really quite astute and he's switched on and he's far from absent-minded."

Osbourne, who's appeared on various TV series, said a colleague encouraged him to do the project about four years ago.

When his parents gave the OK, he bought cameras, found a co-producer and hired director Mike Fleiss, who is executive producer of The Bachelor. The filmmakers also use archive footage to detail Osbourne's life, from his poverty-stricken childhood in Birmingham, England to his drug-addled days with Black Sabbath and his time on The Osbournes TV reality series, when his alcoholism was at its peak.

Sabbath members say they used to order "cereal boxes" of cocaine to the house and Osbourne — a long-haired prankster who wore heavy, black eye liner and fake fangs onstage — would drink and do drugs until he passed out. His alcoholism became worse when his dad died and Sabbath famously fired him.

Osbourne, of course, eventually bounced back with a new band managed by his wife, Sharon. But his addiction issues plagued him, and his children — Louis and Jessica from his first marriage; and Kelly, Jack and Aimee from his marriage to Sharon — admit in the doc that he wasn't always a great father.

After about a dozen times in rehab, Osbourne — as he explains in the film — finally got the motivation to get sober for good over five years ago, when son Jack recovered from his addiction issues.

"I struggled with it because I don't want to take credit for what my dad had done," said Osbourne.

"He's the one who got sober — I just yelled at him — so I always feel awkward when people go, 'Oh, you helped.' I go, 'No, I didn't. I just had an argument and he kind of lifted himself from it "

As we see in the doc, one of Osbourne's biggest goals when he got sober was to get a driver's licence — something his addiction issues prevented him from doing until now.

"I actually sat outside on the porch looking at his Ferrari Italia, which is, I think, the most amusing thing to me about it," said Osbourne.

"He has not driven me yet, which is really strange, probably because whenever I turn up he's like, 'You drive.'

"Even though he's got his licence and he's really stoked about it, I don't think he likes driving."

God Bless Ozzy Osbourne premiered in the spring at the Tribeca Film Festival

THE CANADIAN PRESS







# He's no Simon Cowell

▶ L.A. Reid says he's learning from fellow X Factor judge and creator, but he has 'very different taste than Simon' ▶ Going to bat for troubled contestant



Grammy-winning record executive/songwriter L.A. Reid admits to being a little out of his comfort zone when it comes to television.

"This is, for me, sort of my first at-bat — my first barbecue," says Reid of his experience as a judge alongside high-profile TV personalities like Simon Cowell and Paula Abdul on TV's The X Factor.

"I'm here to learn and watch and see exactly what Simon does."

But it's not like Reid has been content to sit quietly in the critical shadows as the music competition has narrowed its competitive field to a final 17.

Reid says that while he respects show creator Cowell, he doesn't always agree with his talent assessments.

"I have very different taste than Simon. So I may have made very made different choices. But no names," he laughs.

"I don't see a camera. I don't think about a camera. As far as I'm concerned I'm sitting in my office admiring talent."

L.A. REID ON BEING A JUDGE ON THE X FACTOR

### Who's in?

The X Factor returns tomorrow with a special two-and-a-half hour live show at 8 p.m. on CTV.

Reid — a founder of LaFace Records who has worked with the likes of Mariah Carey, Justin Bieber, Usher and Kanye West — says he isn't even aware of the show's always-present cameras during taping.

"I don't see a camera. I don't think about a camera. As far as I'm concerned, I'm sitting in my office admiring talent."

Reid feels that televised music competitions like X-Factor and American Idol have had a positive impact on the music industry.

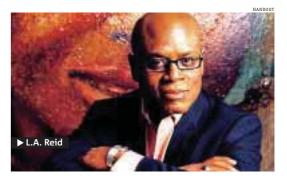
Much like YouTube, it's given record labels new avenues for discovering and developing talent beyond the traditional sources.

"It's an enhancement. And as a record executive, what we are always looking for are more opportunities for discovering talent."

Among The X Factor's final 17, a lot of attention has been focused on Chris Rene, a singer who admitted to a recent drug addiction

Reid, who personally chose Rene for the final 17, sees a lot of potential in the troubled contestant.

"Chris is going to emerge as an amazing star," he says. "Chris gave us his word that he will stay straight. I'm going to take him at his word. I have faith in Chris."



09





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IN THEATRES OCTOBER 28TH

# Metronomy is no misnomer

Electropop group hasn't missed a beat in dealing with their new fame



Three albums in and Metronomy, the electropop quartet based in Brighton, England, are only now getting name recognition in the U.S., Canada and in their native country.

The second part is especially odd, because earlier this year they received a Mercury Prize nomination (the U.K. equivalent to a Grammy) for their latest album, The English Riviera.

frontman and But Metronomy mastermind Joseph Mount is philosophical about the newfound fame.

"Certainly with the English music press, you sometimes need to prove

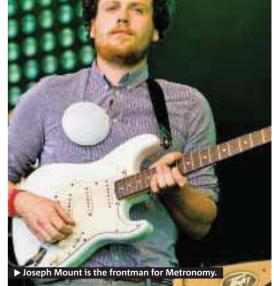
Some bands get this massive hype from the beginning, and then other bands just have to stick at it until people realize you're not going to just disappear. I guess it just feels like it's the right time for people to feel like they can get behind it a bit more.'

also be due to the fact that Mount and his bandmates have put together a palatable pop album that fuses Metronomy's characteristically clicky synths with danceable and beats singable melodies.

Mount is a natural tinkerer, having made the band's last two albums largely alone.

"They were all home recorded," he says of the first two albums,

your worth," he says. All the adoration may



"I just thought at that point maybe it would've been a strange decision to keep making it that way," he says, adding that two new bandmates also allowed for an expansion of

"You go on the stage

and you're kind of aware of what kinds of songs you could add to the set to make it a bit more dynamic," Mount says.

"But when it comes down to it, I'm kind of stuck in this way of writing since the beginning."

### Radio nowhere

Mount discussed with us his opinion on U.K. radio stations.

"There's this radio station in England, BBC Radio One, that has this iron grip on the success of bands. 6 Music started as this alternative to Radio One, but after a while it ended up being the same ... where it's in charge of breaking bands and if you are on 6 Music, then you are more likely to get on Radio One. They've got playlists like Radio One. ... So they get behind new bands ... It's all corrupt."

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# LOHAN'S WORLD

# THE WORD

DOROTHY ROBINSON SCENE@METRONEWS.CA



this hurts us more than it hurts you, but as a gossip column, we are obligated to

dedicate this space to Lindsay Lohan and her adventures in community service over the weekend.

(Don't like it? Get us a pic of Bradley Cooper and Jennifer Lopez together, and maybe we can talk.)

Here's the good news: Not only did Lindsay show up at the morgue, but she was sociable and cleaned floors on her hands and knees, reports TMZ.

And although the L.A. County Coroner rejected her peace offering (and/or bribe) of cupcakes and burgers, we thought the delivery was a nice gesture.

Now, for the bad news: Dina Lohan is reportedly



shopping around a tell-all book about her daughter's struggles with addiction, and father Michael Lohan gladly took the opportunity to complain about them both in a lengthy, unhinged rant to RadarOnline in which he compared himself to an archangel.

In other words? This chick is going to be headlining every gossip column for the next 20 years, and we collectively owe her apology cupcakes.

THE WORD WAS WRITTEN BY MONICA WEYMOUTH THIS WEEK.

# THIS WEEKEND IN B.Co pursues J.Lo

# • Bradley Cooper has been calling Jennifer like, a lot

Bradley Cooper has reportedly been going to great lengths to woo Jennifer Lopez now that she's split from husband Marc Anthony, according to Us Week-

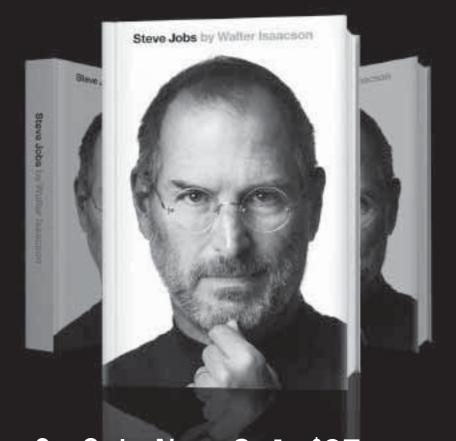
Cooper "has been after Jennifer, calling her, for ages," a source says, adding that Lopez "has been trying to concentrate on her kids and work. But Bradley has been especially eager." It's apparently working, as Lopez has decided to "let him in," the source says. "She likes the thrill and the fact that Bradley has been pursuing her." • metro



11

# "THE book of the season."

- Heather Reisman, Indigo's Chief Booklover and CEO



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# BUT THEY WERE ON A BREAK!

The Black Eyed Peas aren't calling it quits as some rumours suggested, but Fergie does admit the group is on hiatus.

"A break is not a breakup — you gotta watch Friends," the queen Pea told TMZ cam-

We somehow doubt Will.i.am is well-versed in the Ross and Rachel saga, so we'll spell it out for him: It's a trap, and we bet Fergie would look behind that door.









A new study suggests that high blood pressure during early pregnancy is what raises the risk of major birth defects — not the medicines used to control the condition, as previously thought.

For years, women were warned to avoid drugs called ACE inhibitors during later stages of pregnancy to avoid the possibility of birth defects.

Dr. De-Kun Li and colleagues from Kaiser Permanente in California examined data covering more than 460,000 pregnant women and their babies from 1995 to 2008 for the study, which was paid for by groups including the U.S. Agency for Healthcare Research and Quality and the Department of Health and Human Services

THE ASSOCIATED PRESS





# The great spoon-fed vs. baby-led weaning debate

Once you master milk-feeding your infant, it's time to think about solids Parents often choose between spoon-fed and 'baby-led' weaning methods Consider this: combine both



With your first-born, it feels like every time you think you've mastered one baby-rearing challenge, you're set with the next. Just when you've stopped fretting about how much milk your growing infant is drinking, you're faced with anxieties about when to start feeding her solids, whether the meal is nutritious enough and if she's going to actually eat it.

There are two major approaches to weaning: the traditional spoon-fed method (where the parent is in control), and the mod-

ern 'baby-led' weaning (where the baby learns to feed him or herself).

"With first babies, moms often lack the confidence to combine the two methods," says Dr. Rana Conway, author of Weaning Made Easy.

There are advantages to both. Spoon-feeding allows parents to control how much their baby eats and mix new flavours in with favourites. Knowing that dinner is going to end up in your baby's belly rather than the floor is reassuring for parents whose sanity depends on regular nap-, feed- and bed-times.

Meanwhile, baby-lead weaning is convenient for parents who don't have

time to prepare separate meals and there's no danger of overfeeding (although it can be messier than spoon-feeding).

"The advantage is that families can eat together and all have the same meals, so babies get used to eating the food you do," says Conway."

Combining methods is easy, says Conway. "The balance between spoonfeeding and self-feeding ... changes over time," she says. "Most babies need spoon-feeding to start, but it's also vital to give them something to try to eat with their fingers. This means they'll be getting nutrients they need, but they can also learn about

real food," Conway says.
"After a few months, self-feeding takes off and by a
year most babies will only

need help with foods like yogurt. It's about taking a balanced approach and seeing what works."

# DR. CONWAY'S EASY MEALS FOR BABIES

#### **PASTA**

 Left-over pasta with mashed avocado, peas, natural yogurt and grated cheddar



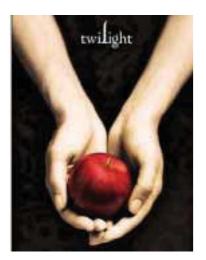


### **POTATO**

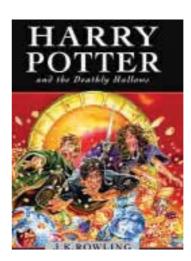
Potato mixed with canned tuna and cooked from frozen mixed veg

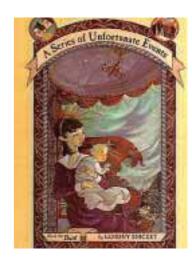












# Teen fiction pen mightier than ever

# O Young adult fiction writers continue to sharpen their skills Landscape changed after Harry Potter and Twilight

Melissa Bourdon-King is brimming with enthusiasm as she describes the quality of young adult fiction in recent years, a veritable feast that is attracting more than just teen readers.

As general manager of a children's bookstore in Toronto, she and her colleagues often check out the offerings aimed at a younger demographic.

The Harry Potter and Twilight series were blockbusters, of course, and Bourdon-King indicated that The Hunger Games, a popular science fiction trilogy by Suzanne Collins, is a current juggernaut.

"In the wake of that

there's been a lot of sort of dystopian novels coming out. If you ask, I could probably list about a dozen or so that claim to be the next Hunger Games," said Bourdon-King, who will turn 25 next month.

"Publishers are really aware of the broad appeal that young adult fiction can have, not just to readers of 12 to 16, but to readers in their early 20s, to middle-aged moms, to retired people."

Geoffrey Taylor, director of the International Festival of Authors in Toronto, said there are various levels of reading ability — and books aimed at teens could potentially appeal to

those aged 10 to 50.

"Take a look at the Lemony Snicket series. Those were books that were written for children, but parents liked reading them because there was double entendre and everything else in the book. So they became enjoyable for parents to read to their kids."

But books don't have to be labelled "young adult" to be suitable for young readers. Teens will just skip over the parts they don't like in adult fiction, or read fast through certain sections, Taylor said.

"I can remember reading Great Expectations when I was younger, and

then when Lloyd Jones' book Mister Pip came out a (few) years ago, which referenced Great Expectations, I reread Great Expectations and I found that as an adult reading, I got more out of it."

Forensic anthropologist Kathy Reichs is known for the TV show Bones and her crime novels featuring the character Temperance Brennan. She will be introducing her second novel Seizure in the young adult series Virals, which follows Brennan's teenage niece Tory, a science lover.

The books are co-written with her 33-year-old son Brendan, who came up with the idea, Reichs said in an interview from Ohio.

"Bones gets a lot of viewers in the young adult age range, and also a lot of young adults are reading the Temperance Brennan books. So we thought that young adults might like to read about young adults using science, so that was really where it all started from."

THE CANADIAN PRESS







# Shepherd's Pie goes sweet

• This version replaces regular potatoes with sweet potatoes and cheese

# DINNER **EXPRESS**

# EMILY RICHARDS

FOOD@METRONEWS CA

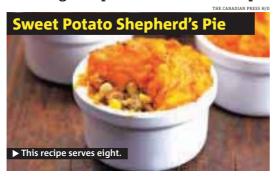


This twist on classic Shepherd's Pie ofcolourful and

tasty mealtime solution. Sweet potatoes and cheddar cheese are used in the topping instead of the traditional mashed potatoes.

### **Preparation:**

- In pot, cook sweet potatoes in boiling water until fork-tender, 15 mins. Drain and mash with cheddar cheese, milk, salt and pepper.
- Filling: In frying pan, sauté beef over medium



-high heat for 10 mins. or until no longer pink. Drain off fat. Add carrots, zucchini, corn, onion and garlic; cook for 5 mins, or until yeaetables are softened.

In bowl, mix thyme, oregano, mustard and flour; stir into pan along with milk, salt and pepper. Cook for 2 mins, or until slightly thickened.

Transfer to two 2 L(8inch) square baking dishes; top each with half of the potato mix.

Bake in a 190 C (375 F) oven for 20 minutes or until heated through and topping is browned. EMILY RICHARDS IS A PROFESSIONAL HOME ECON-OMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT

### **Ingredients:**

- 2 kg (4 lb) sweet potatoes, peeled and cubed
- 375 ml (1 1/2 cups) shred-
- ded old cheddar cheese • 125 ml (1/2 cup) milk
- Salt and pepper, to taste Filling
- 1 kg (2 lb) ground beef
- 500 ml (2 cups) each shredded carrots, zucchini
- 375 ml (1 1/2 cups) corn kernels
- 175 ml (3/4 cup) minced onion (about 1 onion)
- 2 cloves garlic, minced
- 15 ml (1 tbsp) each dried thyme, oregano and dry mustard
- 15 ml (1 tbsp) all-purpose flour
- 250 ml (1 cup) milk
- · Pinch salt and pepper

EMILYRICHARDSCOOKS.CA/ THE CANADIAN PRESS / FOODLAND ONTARIO

#### Rose Reisman's Swap It

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# Smokin' good avocado cigars

### **Ingredients:**

- 250 ml (1 cup) lump crab
- 30 ml (2 tbsp) diced roasted red pepper
- 30 ml (2 tbsp) sliced green
- 15 ml (1 tbsp) grainy Dijon mustard
- 15 ml (1 tbsp) lemon juice
- 5 ml (1 tsp) hot sauce
- 2 small avocados, ripe but
- Salt and pepper, to taste • 6 phyllo sheets
- · Olive oil spray or melted butter
- 125 ml (1/2 cup) mango
- 50 ml (1/4 cup) finely
- chopped cilantro
- 15 ml (1 tbsp) water

# **Preparation:**

Preheat oven to 190 C (375 F). In bowl. combine crab, red pepper, green onion, mustard, lemon and hot sauce. Dice avocados fold into crab mix. Season with salt, pepper.

Cut a store-bought phyllo sheet in half (vertically) and spray lightly with olive oil or brush with melted butter. Spread 15 ml (1 tbsp) of filling at end of sheet. Roll pastry to form a cigar shape, tucking ends in before last roll. Repeat steps with remaining sheets.

Bake for 10 to 13 minutes until light golden brown. Let cool slightly before serving

In bowl, combine chutney, cilantro and water. Serve as dipping sauce. THE CANADIAN PRESS/ AVOCADOS FROM MEXICO







# Green glass equals big biz

• A new container designed for storing beer, wine and liquor bottles gets financial backing from Dragons' Den



Glass recycling is simple, right? You put your bottles in the bin, and set the bin out on the curb.

But did you know that if the glass breaks, and different colours of glass mingle, your bottles cannot be recycled — and millions end up in a landfill?

Sustain It Inc., a clever company from Aurora, Ont., just got a major investment on CBC Television's hit show Dragons'



Den with a new bottle carrier specifically designed to solve this problem.

"It's called Bottle Bin," says Chris Williams, director of sales for Sustain It.

"It's a reusable container for your wine, liquor and beer bottles. When the bin is full, it's an easy and convenient way to bring those empty containers back and collect your refund."

The bin holds 18 standard wine bottles, or 24 empty beer bottles. It's easy to carry, and guarantees that all your glass gets properly recycled.

"It was specifically made for wine bottles originally, and then when you do the sheer math of the volume of how much beer we drink in Canada, we changed the design to be able to accommodate beer bottles as well.

"Beer is such a massive volume. The LCBO in Ontario sells 50-million sixpacks a year. And six-packs are difficult to return."

Bottle Bin touched off a bidding frenzy on Dragons' Den earlier this month, with all five Dragons making offers. Boston Pizza owner Jim Treliving won the day —and 20 per cent of the company — with an investment of \$150,000.

The bins will be available at Home Hardware stores across Canada in November, retailing for between \$11 to \$13. The Beer Store in Ontario is selling them now for \$9.99.

#### Glass facts:

Recycling just one glass bottle saves enough energy to light a 100-watt light bulb for four hours.

A glass container can go from a recycling bin to a



THE GOOD, BAD AND UGLY OF SILICONE

# QUEEN OF GREEN

LINDSAY COULTER
GREEN@METRONEWS.CA



It's hard to say if there's a dark side to these brightly

coloured cookie sheets and spatulas.

You won't dig up a lot of safety information about silicone ... yet.

Health Canada says,

Is silicone bakeware eco-friendly and safe? Rebecca, Calgary

"Silicone rubber does not react with food or beverages, or produce any hazardous fumes."

But Health Canada also stands by the rationale that the fact that lab rats exposed to perfluorooctanoic acid (PFOA) were likely to get cancer doesn't mean non-stick products necessarily cause cancer in humans.

Silicone is a synthetic rubber that contains bonded silicon and oxygen. It's a natural element that is abundant in sand and rock.

Silicone bakeware is known for its heat-resistant and rubber-like qualities, and is safe for the oven and freezer. It is touted as being stable or inert, not changing the flavour or releasing odours that might affect food quality.

Not only is it believed to have low toxicity and thermal stability, it's also easy to clean and is nonstick. One safety tip I repeatedly came across is to use food-grade silicone products at recommended temperatures — about 220 degrees C or 428 degrees F.

When it comes to ecofriendliness, silicone bakeware allows you to replace disposables like paper muffin tins and parchment pa-



I haven't heard of recycling depots that accept silicone products, but keep your eyes open because it doesn't biodegrade.

For now, silicone is a safer alternative to non-stick cookware treated with PFOA. I'm also a huge fan of cast iron and glass cookware and bakeware.





# Awesome job, but...

# • Major stress often comes with the top-career territory

While they make for great cocktail conversation, some of the most prestigious careers aren't quite as enviable as they seem, according to a new report from job search portal CareerCast.com.

"There's a lot of perceptions out there about what

a good job is, and a lot of the times the perception is wrong," says Career Cast publisher Tony Lee. "Yes, these do pay a lot, but there are a lot of drawbacks to these jobs. We looked at things like stress, work/family balances, the hiring outlook down the road and compensation."

Career Cast's list includes some of the usual suspects in a struggling economy as well as plenty of health care professionals.

We asked Lee for some background on those that topped the list.

**METRO WORLD NEWS** 



# **SURGEON, PHYSICIAN, PSYCHIATRIST** Average incomes: \$365,258; \$192,065; \$160,242

"What these all have in common is that they're responsible for people's lives. People are reliant on them, and that has always been stressful," says Lee. "But more recently, with government regulations and more paperwork, it's just not the case anymore that you can play golf on Wednesdays and pay back your loans."





Sure Don Draper appears untouchable, but work pressure leaves his home life in shambles.

### SENIOR CORPORATE EXECUTIVE

Average income: \$160,141

"Senior corporate executives are under extreme pressure right now. You have falling profits, you have shareholder pressure," says Lee. "You look at the protests and you think, 'These people don't care.' But a lot of them do care — they're working more hours than ever."

# Using his head in the salon biz

As the proud owner of 106 hair and beauty salons around Canada, Ken Fisher continues to dream big

# TURNING POINT

TERESA KRUZE
LIFE@METRONEWS.CA



There's a lot of buzz on the street about Chatters Hair and Beauty Salons.

"We now have 106

stores from Newfoundland to B.C.," founder Ken Fisher tells me proudly.

Growing up on a farm in Saskatchewan, Fisher was influenced by his hard-working father and inspired by his hair stylist sisters.

The early days were hard, but rewarding.

"We worked 1-2 to 18hour days, and I travelled up to 9,000 kilometres a month visiting stores and stocking shelves at night."

Fisher says the key to any business is surrounding yourself with the right people.

His turning point came when he partnered with Jason Volk and the two pushed Chatters to the next level.

"I don't think you'll



ever find one individual that takes a company over the top. You need to create a great team."

As he looks at the company he created, Fisher is proud yet humbled by his success.

"Wow, 106 stores. Then I think there's potential for another 106 stores."

How's he going to accomplish his goals?

"You put your head down and go to work." Smart advice for us all.

Fisher's keys to entrepreneurial success:

Have a strong work ethic

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# Falcons taking flight

• Matt Ryan runs and throws for TDs, as Atlanta hands Detroit second loss in a row



LCONS LIONS

The Falcons might've found their groove in Motown.

Matt Ryan ran and threw for touchdowns to give Atlanta a double-digit lead in the first half, and the Falcons held on to win 23-16 in Detroit yesterday.

The defending NFC South champion-Falcons (4-3) won consecutive games for the first time this season because they finally played well in all three phases on the same day.

"Good teams go on streaks," Atlanta coach Mike Smith said. "You can't just keep yo-yoing up and down."

The Lions (5-2) have lost their lustre with two straight losses — both at home — after their perfect start. Their formerly fired-up fans have started to boo, moan and groan.

"We don't deserve their cheers if we're going to play like that," Lions guard Rob Sims said. "It's just that simple."

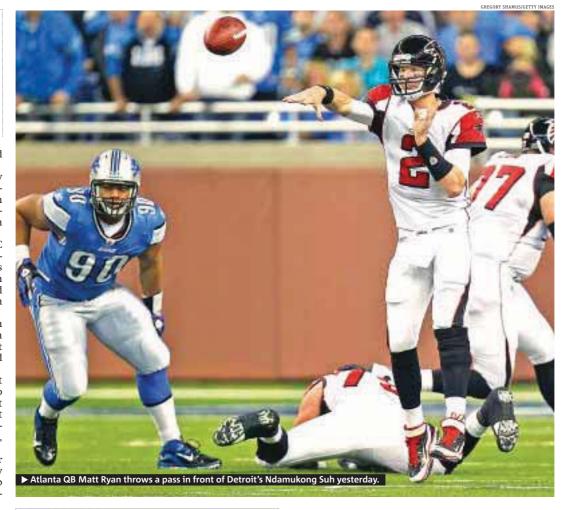
The Lions had a chance to get Ford Field back on their side.

But on Detroit's final drive, a pass-interference penalty against Atlanta was overturned because instant replay showed defensive tackle Corey Peters had slightly grazed the ball.

"I didn't see the tip, but

"I didn't see the tip, but the guys in the booth were in my ear about it right away," Smith said. "With less than two minutes, we had to rely on the officials, but they did a great job. They didn't let the Lions snap the ball, so the replay official could get a good look, and they made the right call."

Instead of having the ball at the Falcons 26, the Lions were backed up to the 41 and Matthew Stafford threw an incomplete pass on the next play to turn it over on downs and injured his right ankle, knee — or



### **Around the NFL**

Other results from yesterday:

Aaron Rodgers kept Green Bay unbeaten with three touchdowns and 335 yards passing, holding off the plucky Christian Ponder in the rookie's first start to defeat the Minnesota Vikings 33-27.

both.

"To tell the truth I can't really tell right now," Stafford said.

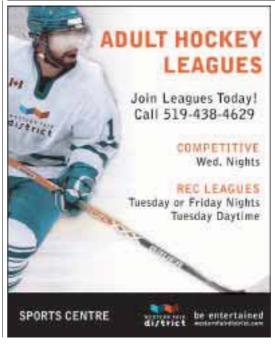
Stafford said he was going to try and play if Detroit's defence got the ball back, but the Falcons made that a moot point by picking up a first down and running out the clock.

Ryan's one-yard plunge and 18-yard pass to Roddy White put Atlanta ahead 17-6 at halftime.

- ▶ Ben Roethlisberger threw 95 yards to Mike Wallace for the longest pass play in Steelers history and Pittsburgh went on to hand the Arizona Cardinals their fifth consecutive loss 32-20.
- The Kansas City Chiefs took advantage of rusty quarterback play from Kyle Boller and Carson Palmer to beat the Oakland Raiders 28-0.

Calvin Johnson caught his 10th touchdown pass late in the third quarter to pull Detroit within four points — and finished with five receptions for 115 yards.

Matt Bryant's third field goal gave the Falcons a seven-point lead midway through the fourth quarter on a drive extended when safety Louis Delmas was called for holding on fourth down. THE ASSOCIATED PRESS









### "You can't lose confidence in yourself, or you've lost already."

DENVER QB TIM TEBOW. IN
HIS FIRST START THIS YEAR,
TEBOW RALLIED THE
BERONCOS WITH TWO
TOUCHDOWN PASSES IN THE
FINAL 2:44 OF THE FOURTH
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OVERTIME, AND MATT
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GOAL GAVE THEM AN 18-15
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#### 75-85-95 Fiddlers Green Rd

Bach, 1 & 2 bdrms starting from \$690 • Spacious suites • Across from shopping centre • Transit at your door • Close to schools, banks • 5 minutes to Cherry Hill Mall • Transit to U of Western Ontario



**ACT NOW & RECEIVE** 

A MONTH FREE

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#### Merchandise for Sale

DISHWASHER \$75.00 OBO 519-719-8028

Exercise Bike Adjustable Seat and Handle Speedometer and Timer \$25 Call 519-453-8798

Holmes Cool Mist Humidifiers Table Top Model \$22 Call 519-453-8798

Ladies Black Wool Winter Coat worn once Size 5-7 Excellent Condition Knee Length \$50.00 (519)672-8951

Mens Shirts Size Large Mens pants size 36W - 30L \$4 each Pants and \$3 each shirts 519-453-8798

MICROWAVE OVEN PANASONIC 519-719-8028 \$45.00 OBO

> Necklace Gold Plated Approx 18" 519-672-8951

Pearls Necklace and Earrings \$20.00 519-672-8951

Princess Diane Kate Engagement Ring Size 5 NEW Silver 519-672-8951

Royal Blue Plush Velvet Arm Chair Very Good Condition 519-686-5261

Silvery/Grey Drapes Fully Lined For Livingroom \$40.00 519-686-5261

# **SERVICES**

#### Child Care

#### All Shifts Home Care for Babies & Chidren

Motherly Care Avail 24/7-overnights/wknds P/U-Drop-off avail. Baby Equip Smk Free Home Gloria Blant - 519-452-7661

## **HEALTH & BEAUTY**

#### Massage/Therapists

Reg. Reflexology, Aromatherapy, Massage, Reiki, & Hot Stone. (519)-694-4325 w.ocr.edu/teachers/kotsovos.htm

### **HOUSEHOLD** SERVICES

## **General Services**



**Bow Home** Comfort **Systems** 519-438-0366 Government & OPA

Rebates Available

High Efficiency Furnaces Installed from **\$1695.00** (Inc 10 Yr Parts & Lab War) "Saving Londoners' MONEY since 1988'

#### **General Services**

Jack of all Trades -14 years Experience Anything you need done - Free Estimates Can do ANYTHING and EVERYTHING! Call George at 519-521-8365

#### North River Projects

Drywall, Painting and Framing Carpentry, Trim and Crown Moulding 226-688-6090

#### Wavnes Water Works **Eaves Troughs Cleaning Special**

Custom Pressure Washing Residential/Commercial Cleaning Services Enviro-Friendly Detergents Graffiti Removal Deck, Sidings, Store Fronts, Sidewalks, Truck & Car Fleets FREE ESTIMATES Call Wayne 519-701-5218



526 Adelaide St N 519-859-2634 andrew@thesolarstore.ca

### Movers

Make the easy move! Sprint Moving Service Bonded, insured, 24/7 services. Rates start at \$60/hour Free estimates theeasymove.ca (519) 859-4770

### Trades

Woman hardwood & laminate installer Over 7 years experience in London & area Hardwood, Laminate, Trim, Repairs, etc. Free estimates- Kristina 519-670-4777

### **Music Classes**



**FOR ALL AGES** 

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### **PERSONALS**

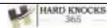
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If you're a man who's had sex with a man we want to hear what's on your mind. Be part of our confidential survey and help us build a healthy community. Call us toll-free: 1-855-378-MALE (6253) Learn more at malecall.ca

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Pay for the position is \$42/hr + 4% vocation pay Visit our office at CIR Plaza, 355 Wellington Skest, 2nd Roor M-F, 8 90om 3-00pm, in call us at 519.667.7774

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PhatDance Studios looking for dancers! Male/Female dancers @ least 15 years old to learn choreo by PhatJuice for a Promo Video!

Excellent for Exposure! 519-476-7858 www.phatdancestudios.web.com

#### PhatDance Studios looking for dancers!

Male/Female dancers @ least 15 years old to learn choreo by PhatJuice for a Promo Video! Excellent for Exposure!

519-476-7858 www.phatdancestudios.web.com

# **AUTOMOTIVE**

### Cars & Trucks for Sale

Ford Mustang Shelby GT, 2007, \$12,000 Blue in color. Standard 5 speed, 2 door, A/C ,fully loaded 120,000 KMS. Winter Tires included Call Darlene 519-667-4694



Toyota Matrix 2006 80 000 kms Air hans air conditioning, power locks, power win dows, 5 seats, 5 speed, silver on black \$6000 Call Darlene 519-667-4694

# **MERCHANDISE**

adocco ca

# Merchandise for Sale

1950's Handmade Coffee Table Large , heavy and all wood \$50.00 **519-690-2472** 

4 IBEX FLANNEL SHEETS QUEEN SIZE New still in package \$10.00 each 519-453-8798

Aluminum Interior banner pole 9' with base and brackets mint condition asking \$90.00 Please call (519)473-1091

A Steel Toed Work Boot with green patch New, Size 11 \$35.00 519-453-8798

# **BIKE FOR SALE**

Mens 18 speed, good condition, silver in color, MADE by CCM 226-973-8893

Boys winter coat (Old Navy brand) Size small Red and Grey in color with detachable hood \$20.00 519-659-8906

Coffee Table Patio Wicker with Glass Top (Brown in Color can be painted) \$25.00 519-686-5261

# Merchandise for Sale

Vertical Blinds Rose in Color Fits over a Patio Door \$40.00 519-661-0698

> Wooden Shoes Mens size 10/11 \$25 Call 519-453-8798

# **Merchandise Wanted**

2 duffle bag style fabric cat carriers for 20lb animals. Suitable for airline carry-on Please contact me at (519)679-0176

## **PETS**

Shelties 8 weeks, males & females, CKC registered. Vet Checked. \$600

### Personals

### Crossword

Across 1 Feedbag fill 13 5 Chicken — kina 8 Gumbo ingredient 15 16 12 Howls 14 Billy Joel's "— Always a Woman" 17 18 19 15 Severely strict 16 Decline, as the 20 21 22 23 visible moon 17 Spot on a 24 25 27 26 domino 18 Lake Victoria 28 29 30 nation 20 Florida city 32 33 34 23 Succumb to gravity 35 36 24 Kill 25 Without flexibil-38 28 Peace (Lat.) 29 Star, for short 43 41 42 44 45 46 30 Conger, for one 32 Restored to 47 48 proper condition 34 Ashen 49 50 35 Crew supply 36 Theater path

5 On

6 Romanian money

7 Soothed 8 Lee Harvey

9 "Star Trek II: The Wrath of -"

48 Easy garment to 10 Tear asunder

put on 49 Run off 11 On the briny

37 Tawdry (Sl.)

42 Tubular pasta

40 Donkey

41 Warmth

47 Otherwise

Down

3 Yank

1 "- Town"

2 Clay, today

4 Not neat

50 A billion years 13 Met melody 51 Tardy 19 Smooth-talking

> 20 Recipe meas. 21 Banned apple

ripener

22 Long skirt

23 Folder fodder 25 Bent backward 26 Meadows

27 Holler

29 Fellow

31 Shelter 33 Small beard

34 Handgun

36 Now, on a memo

37 Restaurant emplovee

38 Satan's domain 39 Facility

40 Once more, in dialect

43 UN workers' grp.

44 Eggs

45 Seine

## Sudoku

		6			1		
	4		1	3		9	
7	1					6	2
		2	7	4	6		
1							3
		9	3	8	5		
4	3					1	9
	6		8	2		5	
		7			8		

# How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and

Friday's answer

1	9	5	8	6	4	3	2	7
2	7	8	3	1	9	6	4	5
3	4	6	7	2	5	8	1	9
5	2	4	9	7	8	1	3	6
8	6	7	5	3	1 2	2	9	4
9	3	1	6	4	2	7	5	8
4	5	3	2	8	6	9	7	1
7	8	9	1	5	3 7	4	6	2
6	1	2	4	9	7	5	8	3

# Send a

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Sunshine, You came into my life and my heart found its home. Thank you for the gift of your amazing love. I pinky swear I will never let you go too far. Happy birthday honey! Can't wait to see what's ahead for our little family <3 I love you lots, tons and forever ever. SNOWFLAKE

My Life, Did I say "I love you"? Be happy, live life. I miss you so much. Stay strong hon, nothing to worry. Everything will be OK. Love you always n forever YOU ARE BEAUTIFUL

My heart, you tell me im cheesy when i say i sina love songs to you. i want you to know its because they make sense to me now. love, its wonderful and i owe it all to you. cheesy, no. i say true. happy birthday Ashley Lorraine Antoine. love you always.

# Today's horoscope

T Aries March 21-April 20 Speak your mind and stir things up a little, both at home and at work.

¥ Taurus April 21-May 21 The more praise you get today the more careful you must be that your does not over inflate.

# ego does not over mine.c. II **Gemini May 22-June 21**

What happens today will shake you up and get you moving again, and that's no bad thing.

G Cancer June 22-July 22 Steer clear of other people's private lives

Ω Leo July 23-Aug.23 By all means question what others tell you.

#### IV Virgo Aug. 24- Sept. 22 You seem to be moving in a completely different direction to everyone else, but that's okay - in fact it's

Libra sept. 23-Oct. 23 You will be in the spotlight often enough over the next few days, so enjoy your anonymity while you can.

M Scorpio oct. 24-Nov. 22 Your

ability to stay calm under pressure will win new admirers today. **₹ Sagittarius** Nov. 23-Dec.

21 You will find yourself on the defensive today, and it's a situation you have brought on yourself by making claims that cannot be

## ► Friday's answer ITS ARIA DOLL

46 Anger

D	Е	С		М	0	L	L		Ε	R	1	Е
S	С	R	Α	Р	Р	L	Е		Ν	Α	М	Е
		Α	В	L	Υ			R	U	L	Ε	R
Н	0	М	Ε	Υ		F	R	Е	D			
Α	В	В	Е		Р	R	0	Т	Ε	S	Т	S
Т	Ε	L		Ν	Α	1	Α	D		С	Н	1
Е	Υ	Е	L	1	Ν	Ε	R		В	R	Α	D
			Α	G	Е	S		Е	L	Α	Т	Е
Α	W	Α	S	Н			G	L	0	В		
Р	0	S	Т		S	С	R	1	В	В	L	Е
Ε	٧	1	L		Н	0	0	Т		L	Ε	Е
D	Ε	F	Υ		Υ	0	К	Е		Е	Α	R

For today's crossword answers and for expanded horoscopes, go to metronews.ca backed up by facts.

## り Capricorn Dec. 22-Jan. 20

Cause and effect always go together, so if what is going on in your life is not to your liking maybe you should ask what caused it to

Aquarius Jan. 21-Feb. 18 Instead of fighting the future why not aim to make it your friend?

H Pisces Feb. 19-March 20. You will find it easier to trust people again and the effects will be dramatic. You really have no reason to be suspicious or fearful – but you have every reason to smile.

SALLY BROMPTON





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for the image above and send it to play@metronews.ca the winning caption will be published in tomorrow's Metro.











Contact Tami Collins 519-453-8222

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